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## **Организация физкультурной паузы для современных студентов на примере Уральского федерального университета**

Статья посвящена организации физкультурной паузы для студентов вуза на примере Уральского Федерального университета. Представлен комплекс упражнений, необходимый для поддержания здорового образа жизни студентов во время обучения. Установлено, что физические упражнения, выполняемые регулярно в течение учебного дня, снимают нервно-мышечное напряжение, повышают иммунитет, работоспособность, улучшают уровень усвоения нового материала, облегчают вхождение в новый коллектив.

## **How to organize a physical break for students in the Ural Federal University**

Nowadays researchers, teachers and sports doctors are concerned about high sickness rate among students. Every day the students of Ural Federal University have 3-4 lectures and more than six hours of self-study staying in a sitting position for a long time. Lack of physical activity reduces metabolism, blood circulation and weakens muscles. [5]

In 2015, Institute of Sociology of the Russian Academy of Sciences conducted research in ten cities of Russia. Scientists concluded that 76% of students lack physical activity; 15-20% young people are overweight. According to the research, 53% of students usually get sick with influenza or acute respiratory disease 3-8 times a year. [4] This was the reason we decided to develop the project to introduce a physical break for the first-year students. They were chosen because they have high mental workload levels every day and are not aware of the benefits of physical activity.

Our general aim is to normalize physical activity of the first-year students of Ural Federal University. We also aim at introducing a

physical break and filming a video with exercises. To do this, the project team should develop a set of physical exercises, consult with the teacher of physical education, write media texts for students, film a video with physical exercises and meet with sport organizers to discuss the organization of a physical break.

We suppose that students will do physical exercises once a day in the middle of the third lecture for about five minutes. Young people will do it in everyday clothes in lecture rooms. The set of physical exercises includes training for the muscles of the back, arms and eyes, and articular gymnastics:

1. Walking with high-knees elevation (30 seconds).
2. Marching and turning shoulders up and down (15 seconds).
3. Marching and turning the head to the right and to the left (8 times to each side).
4. Bending the body to the right and to the left (8 times to each side).
5. Turns of the arms and legs (60 seconds).
6. Back lunges (8 times each leg).
7. Squats (16 times).
8. Shaking hands and arms (20 seconds).
9. Rolling eyes to one side and to the other side (20 seconds).
10. Walking with high-knees elevation (30 seconds).

Marching, turning shoulders, arms and legs improve metabolism and circulation, build muscles, and develop coordination. Exercise four is useful for relaxing the back and backbone because students spend most part of the time in a sitting position. Back lunges and squats build muscles. Legs are the most fixed part of the body during the school day. Exercise eight helps to relax hands, because these parts of the body work during the whole day. Rolling the eyes is an extremely useful exercise because it prevents visual impairments. Exercise ten helps to improve working ability. [5]

We believe that first-year students will watch the video and do physical exercises with proper technique. Rhythmic music will be used in the video to increase the emotional tone of the students. Before the start of the project members of the team will meet with sport organizers. Each of them will receive the video in social networks and spread via the media.

The project team will include fifteen members. They should be professional, communicative and responsible. One of them should have a camera; another student should have a computer with necessary programs to assemble the video. The project manager will organize three internal

departments: journalist, sports and technical. Students in sports department will develop a set of exercises for the physical break. Journalist department will prepare media texts. Students of technical department will record and assemble the video with physical exercises. The project team will meet every day to discuss their work.

People in the USSR did gymnastics every day. It was a necessary part of a working day and healthy lifestyle. On the radio, there was a special program, which began at 11 am. At any enterprise, there was a sport coach who developed a set of physical exercises for the workers.

In China, for example, people go out in the street and do physical exercises once a day. They usually take different positions, and then they slowly start to move their hands and feet. The Chinese think that regular physical activity helps understand body rhythms. Tourists say that a physical break in China begins every morning at about 11 am in the streets and parks. [2]

Regular physical exercises help students relax, keep fit between lectures, raise immunity and improve their mood. [5]

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